

LALBAGH

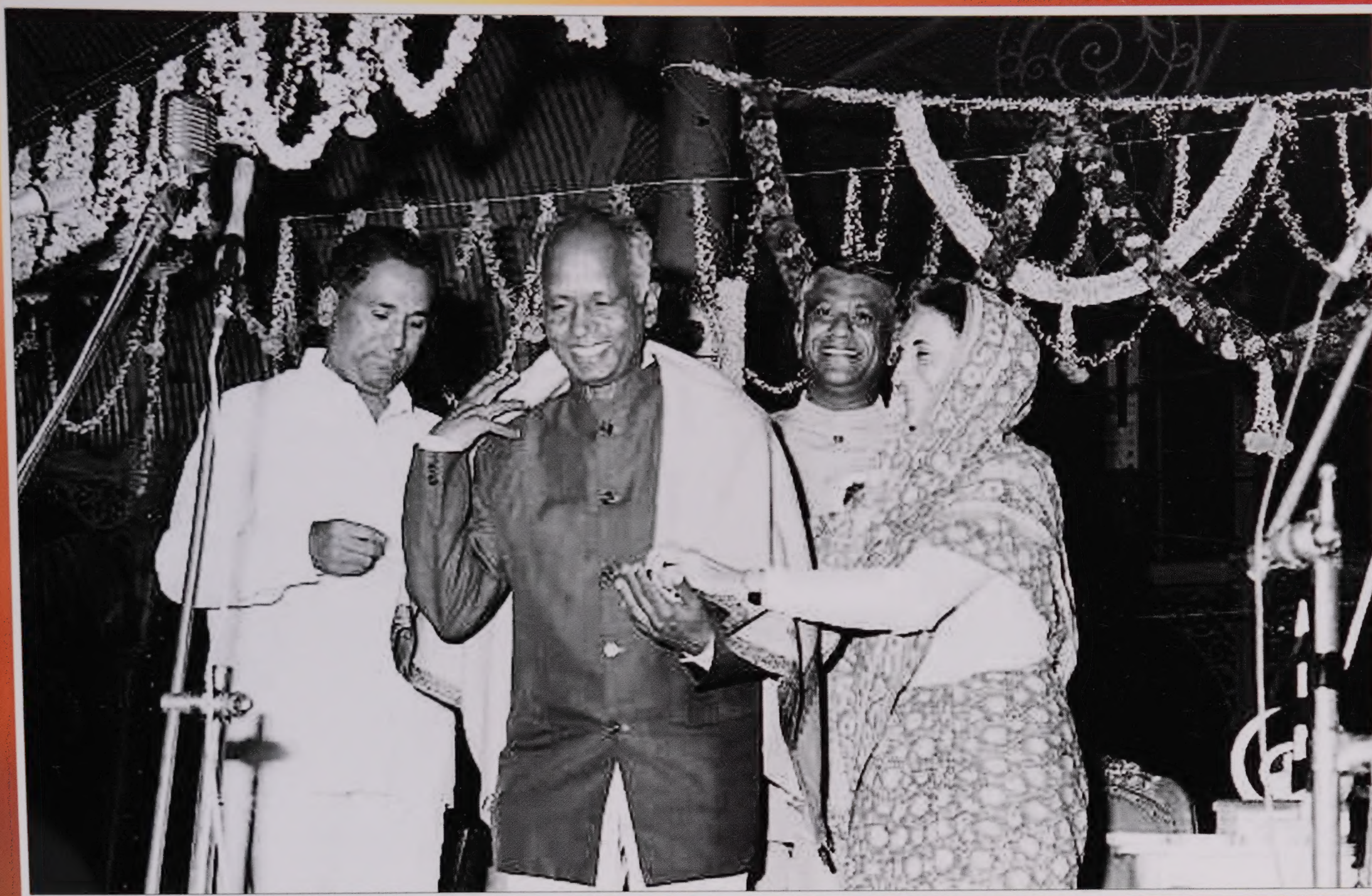












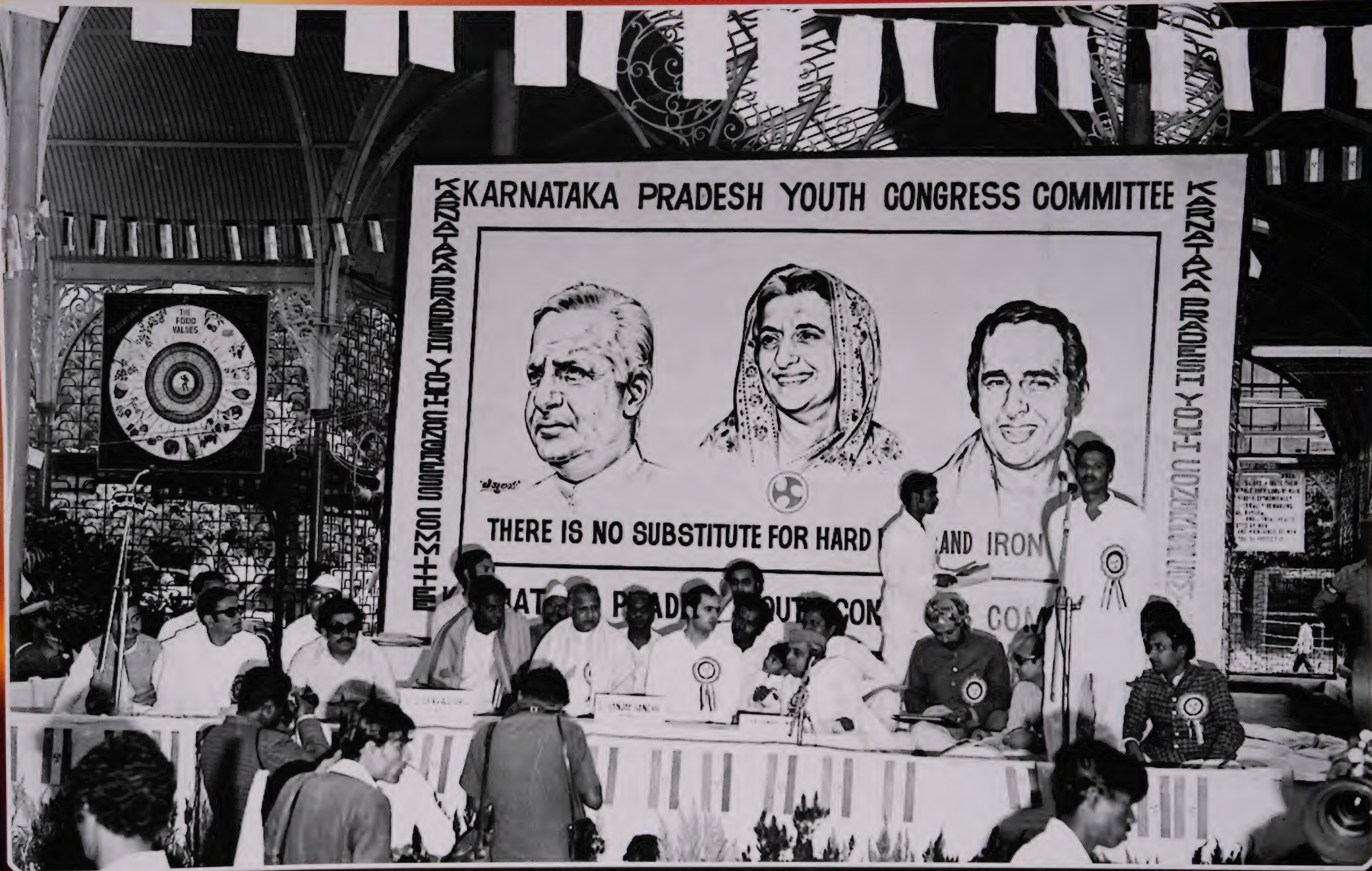




ವೆದ್ವಾಚಾರ್ ಪಣ
ಕಾರ್ತಿ ಚಂದ್ರನಿವಾಸ ಸಮಾಜ



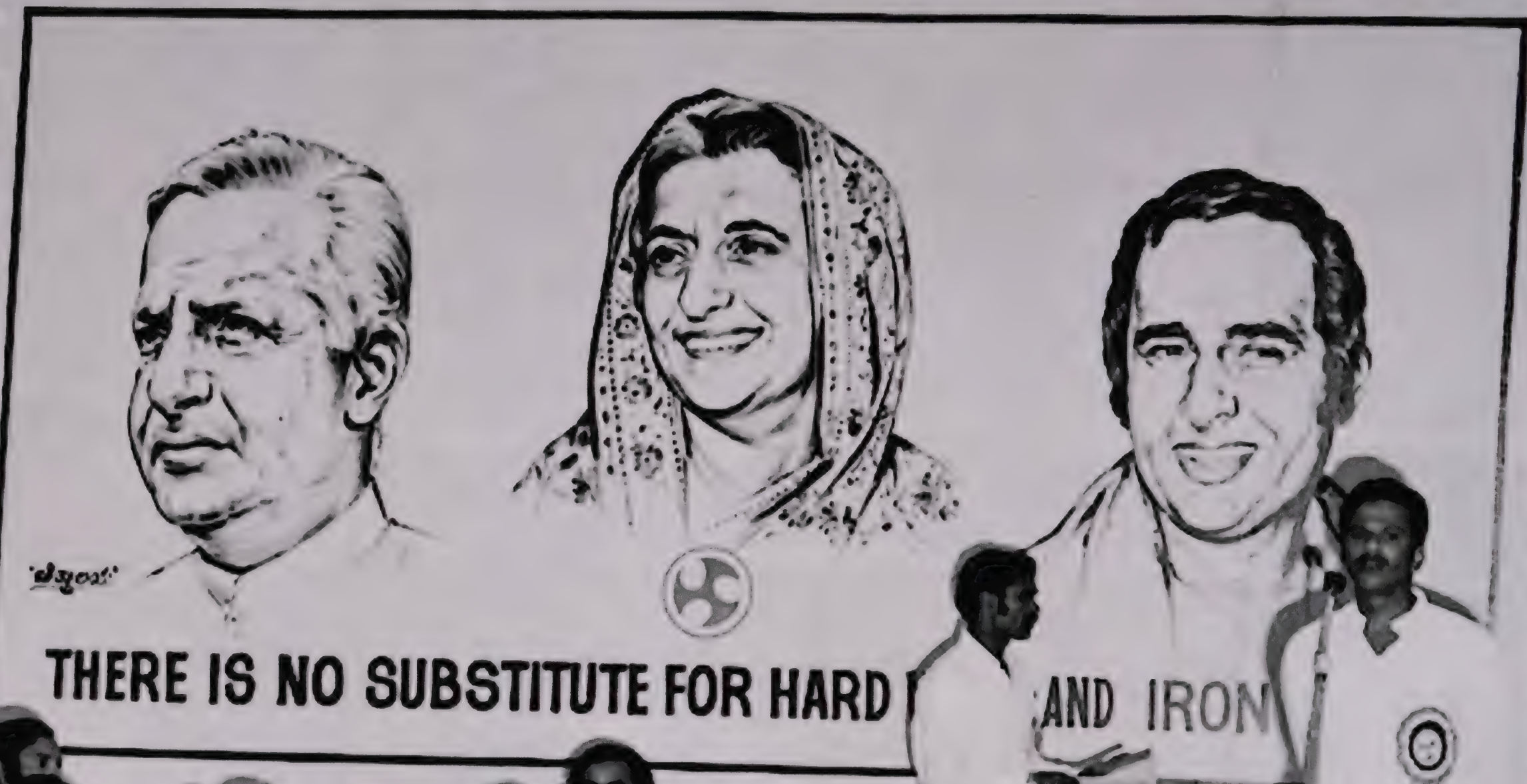




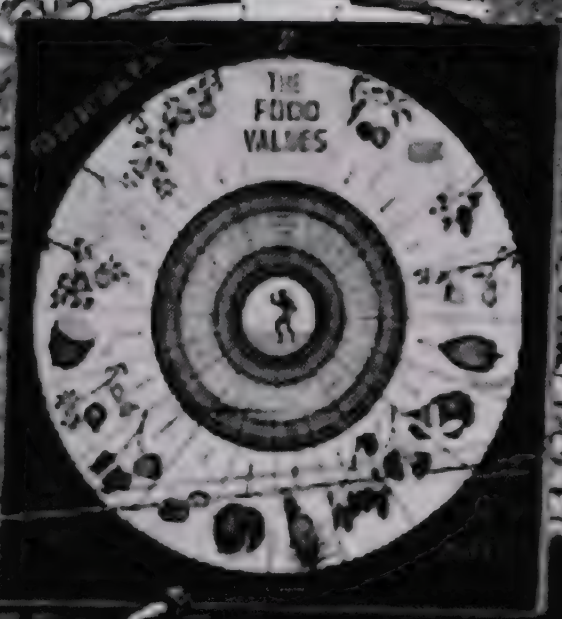
KARNATAKA PRADESH YOUTH CONGRESS COMMITTEE

ಕರ್ನಾಟಕ ಪ್ರಾದೇಶಿಕ ಯೌವಕಾಂಗ್ರೆಸ್ ಕಮಿಟಿ

ಕರ್ನಾಟಕ ಪ್ರಾದೇಶಿಕ ಯೌವಕಾಂಗ್ರೆಸ್ ಕಮಿಟಿ



THERE IS NO SUBSTITUTE FOR HARD WORK AND IRON WILL



























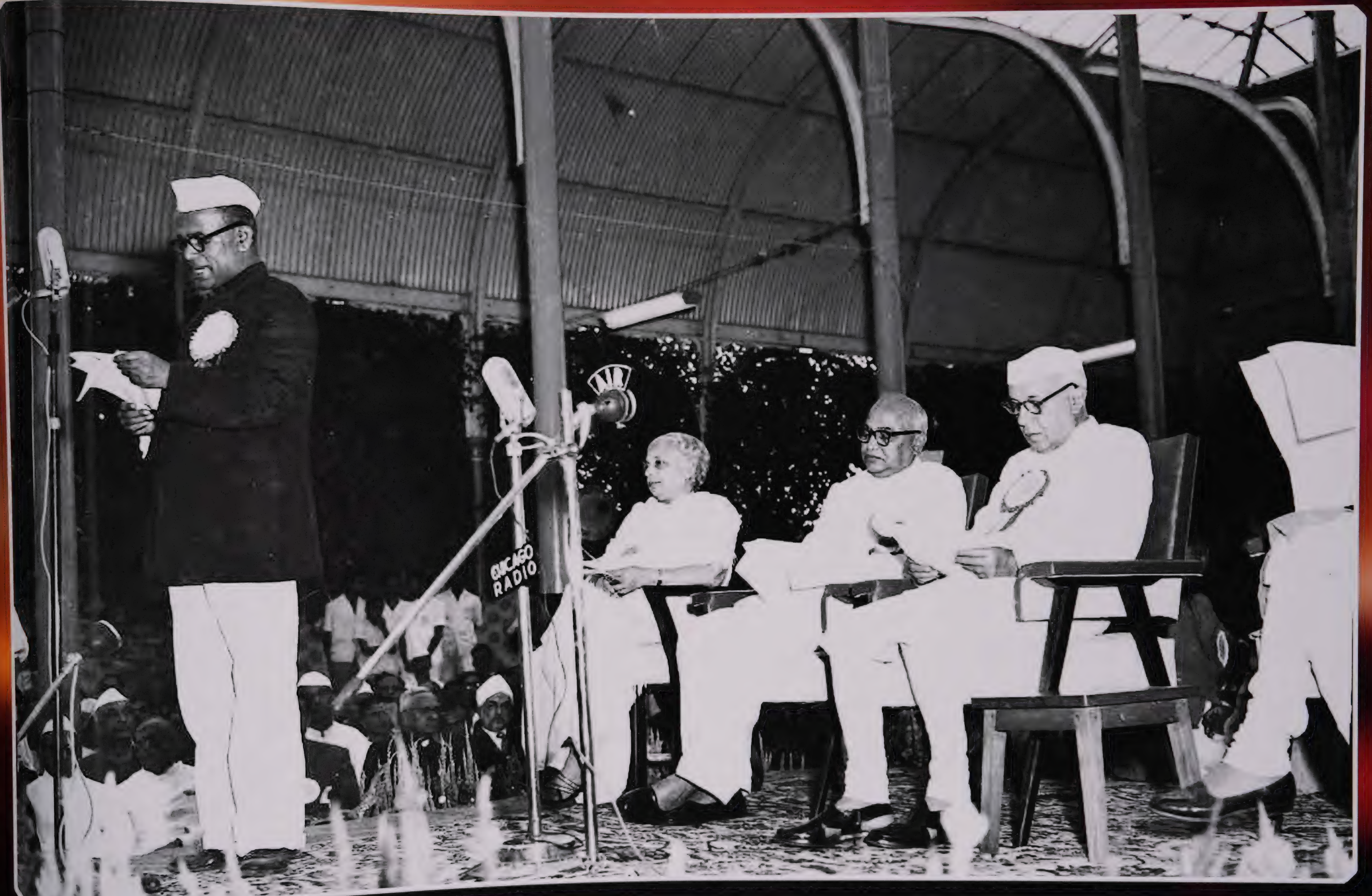




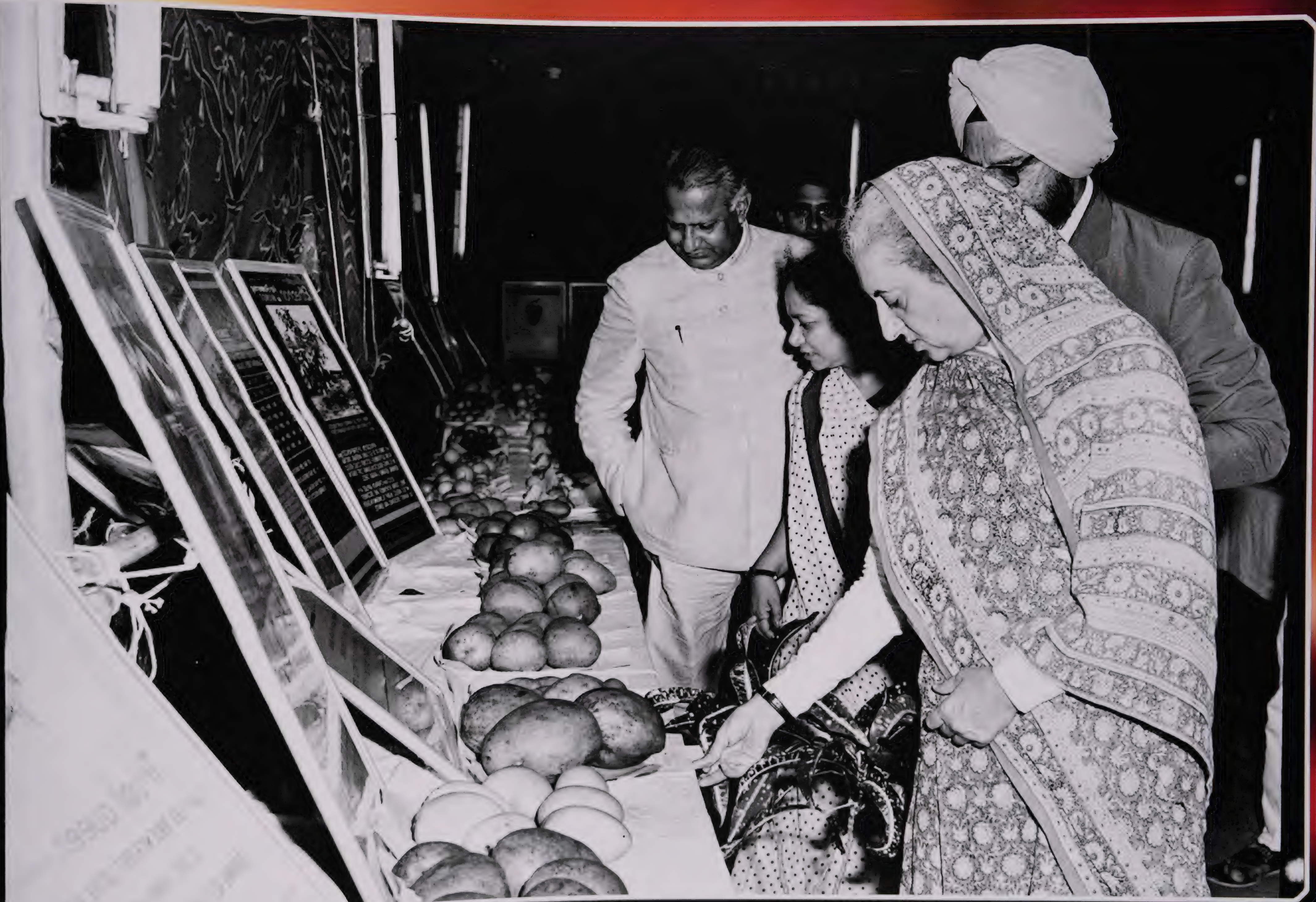










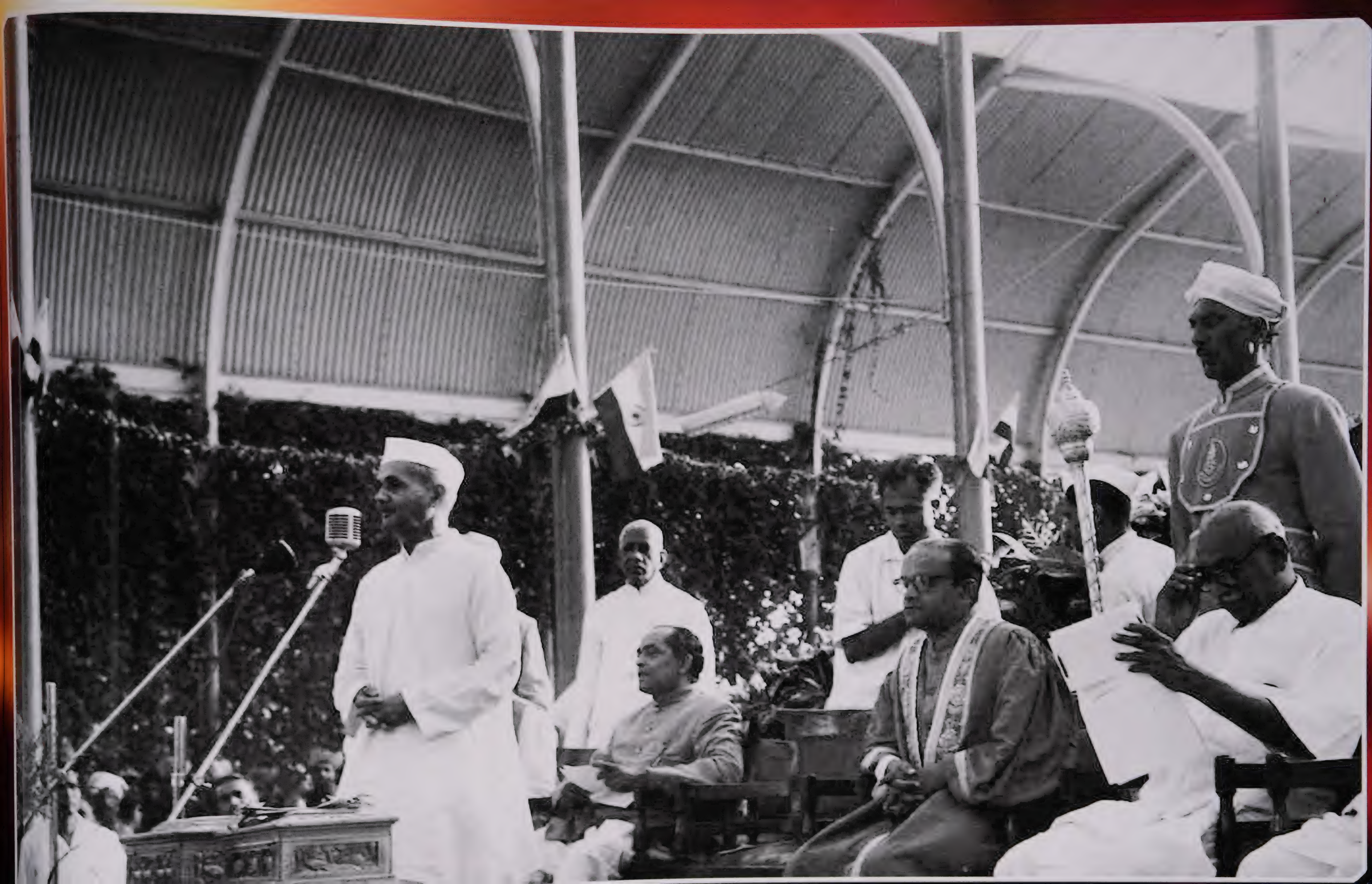






























































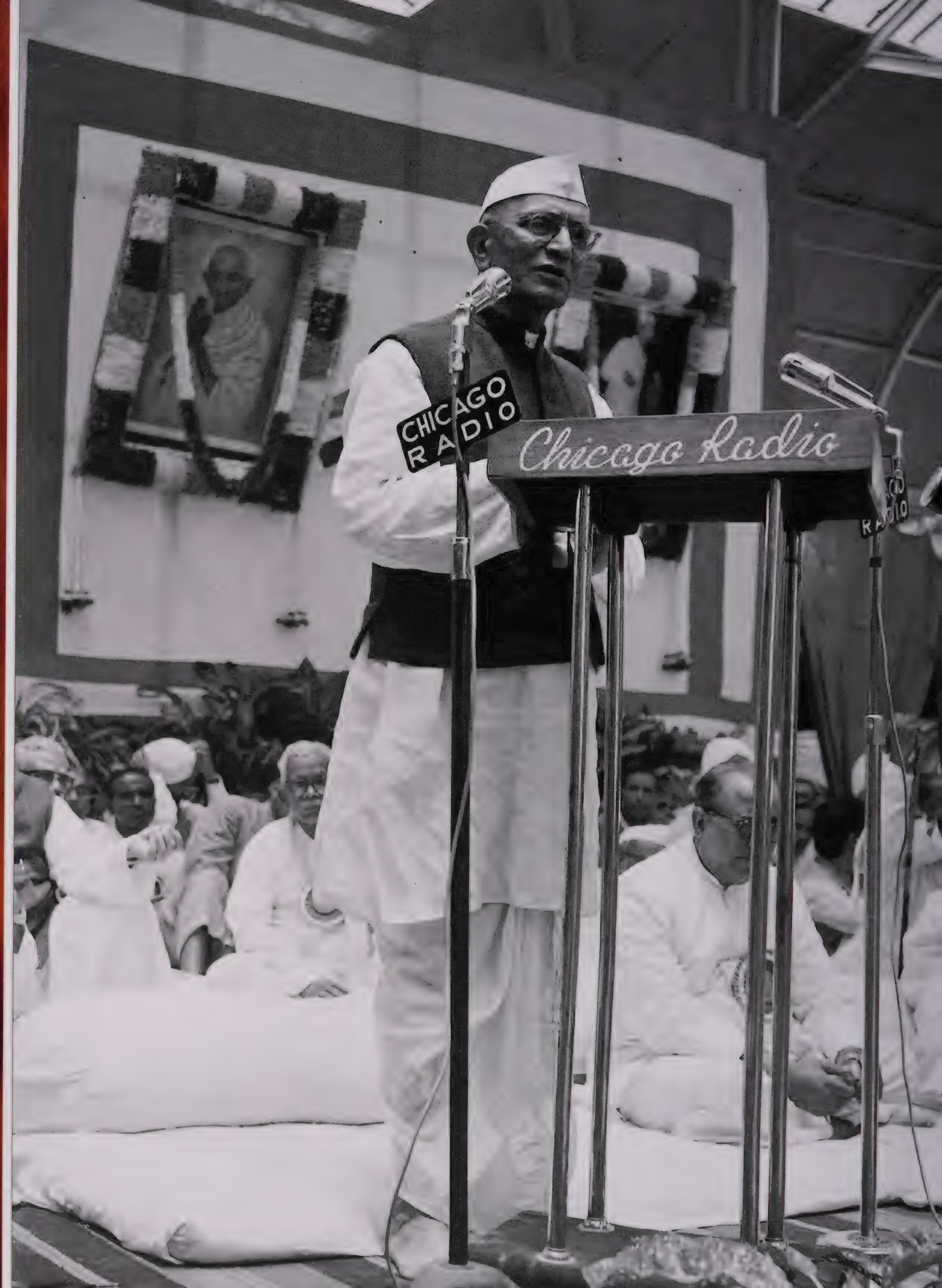






























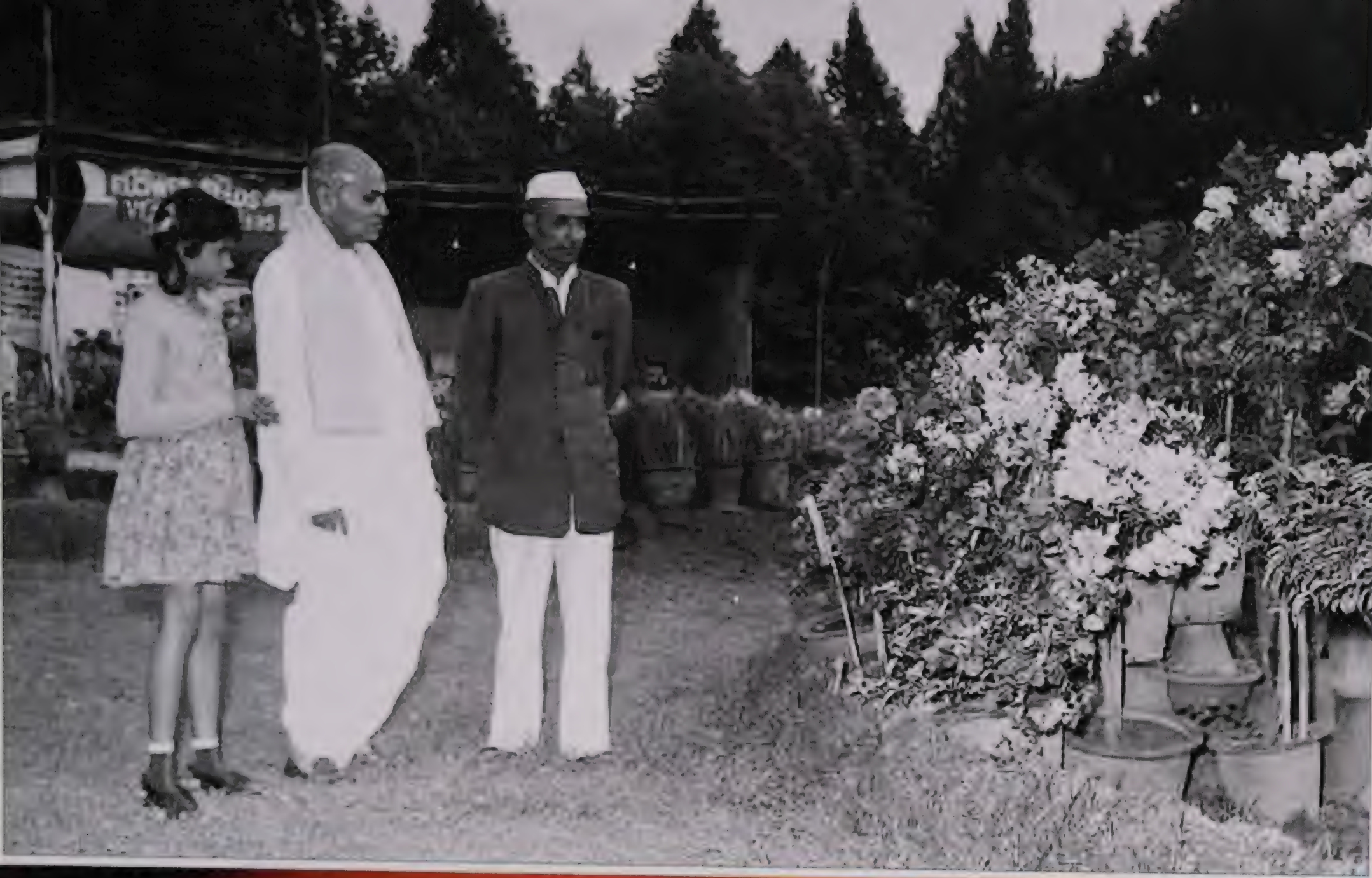






















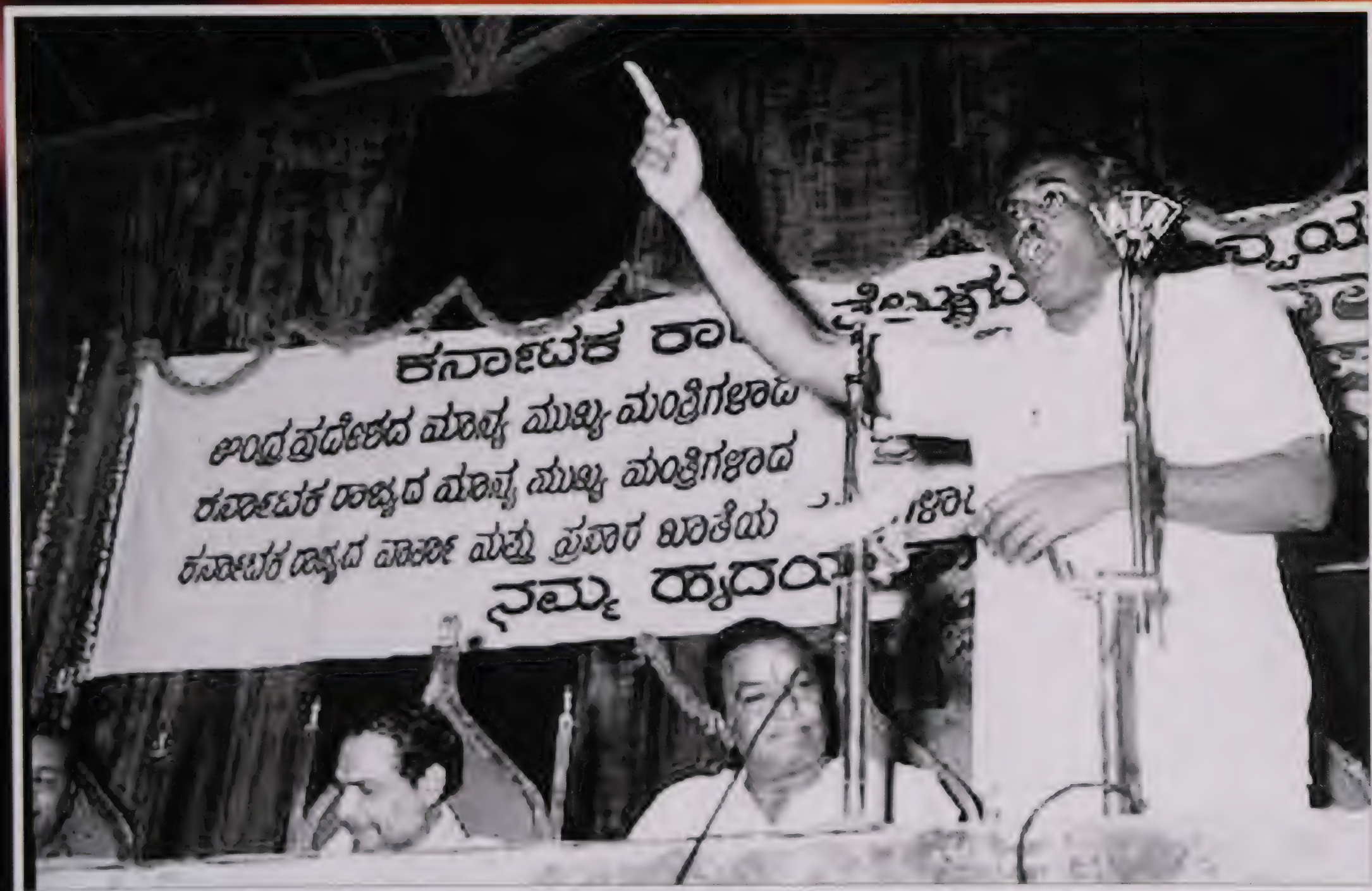






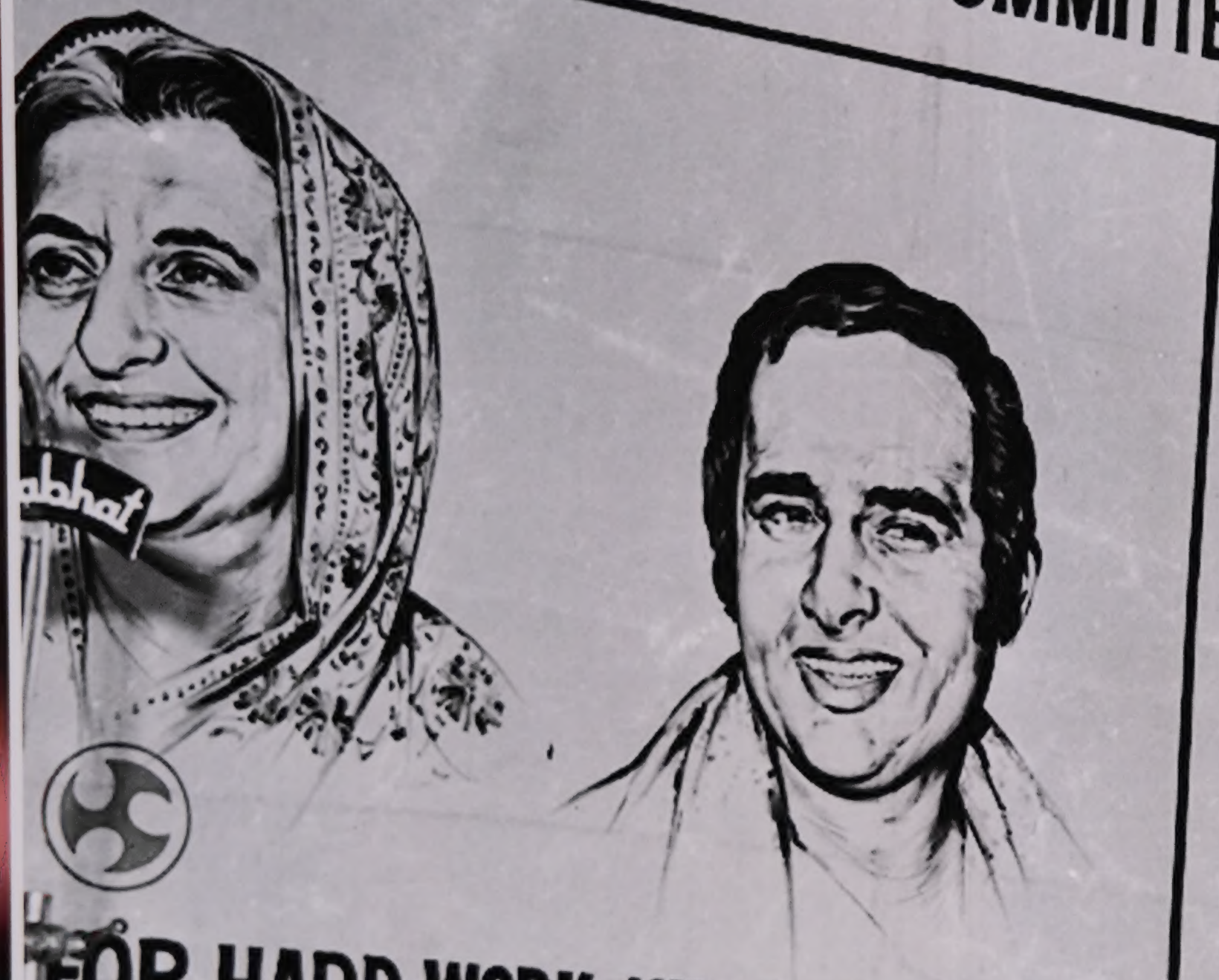








YOUTH CONGRESS COMMITTEE



FOR HARD WORK AND IRON WILL

युवा कांग्रेस समिति

1 MILK AND MILK PRODUCTS
2 THE FATS
3 CEREALS
4 LUSKY GREEN AND VEGETABLES
5 CITRUS FRUITS, TOMATO, BANANA, CABBAGE Etc.
6 FRUITY VEGETABLES AND OTHER FRUITS
7 THE PROTEINS (PEAS, LENTILS, EGG, MEAT, FISH, etc.)

AT LEAST ONE FOOD ITEM FROM EACH OF THESE SEVEN GROUPS MAKE UP 'COMPLETE FOOD' (THE BALANCED DIET)

SH. D. DEVRAJ URS
CHIEF MINISTER

SH. SANJAY GANDHI
CHIEF GUEST

SH. D. B. CHANDRE GONDAL

ORIGIN OF OUR



